



An Environment is everything that is around us, which includes both living and nonliving things such as soil, water, animals, and plants, which adapt themselves to their surroundings. If the environment is not protected, it may pose harm and threat to people's health. This lesson will provide an understanding of the roles and responsibilities of people in the community in preserving a healthy

PROTECTING THE ENVIRONMENT



Protecting the environment starts with personal responsibility and social consciousness.

Personal environmental responsibility refers to the awareness of one's roles in keeping a healthy community and environment.

Social consciousness refers to the awareness of what is currently happening around you and being able to critically reflect on how to respond to them.

BELOW ARE EXAMPLES OF WAYS TO PROTECT THE ENVIRONMENT.

CONSUME LESS

3R'S
REDUCE
REUSE
RECYCLE



COMPOST

Another "R" that doesn't get much attention but has important environment implications is "ROT". As in, let your food and yard waste rot naturally in the soil instead of sending it to the landfill. In other words: COMPOST.



CHOOSE REUSABLE OVER SINGLE-USE.

Switch to reusable items and make a commitment to use them as often as possible. You'll have less trash piling up at your curb, and you'll be helping to protect the environment in a major way.



BELOW ARE EXAMPLES OF WAYS TO PROTECT THE ENVIRONMENT.

RECYCLE PROPERLY

Educate yourself on what can and cannot be recycled in your bins at home. Throwing the wrong items in the recycle bin can result in an entire load being rejected, which means back to the landfill.



USE LESS WATER

Conserving water at home is one of the easiest ways to protect the environment. Example, turn off the tap while you brush your teeth, collect and use rainwater for watering the plants.



Initiate actions that promote the protection of the environment.

Start with consistently practicing healthy ways such as planting trees or growing plants, regularly cleaning your area, and others.



BELOW ARE EXAMPLES OF WAYS TO PROTECT THE ENVIRONMENT.

Encourage other people to take part in the efforts to protect the environment.

Share the information you learned from this unit. Make them aware of the environmental concerns and problems. So they may realize the impact to people's health.



CONSERVE ELECTRICITY

Use smart power strips, which turn off the power to electronics when they're not being use or simply unplug power cords from the wall when items aren't in use.



Spearhead environmental projects.

Be a health advocate for the environment. Organize a small project or program that will address a specific environmental concern.



SOLID WASTE MANAGEMENT

The main cause of land pollution is improper solid waste management. Solid wastes are discarded materials such as paper, plastic, wood, metal, food, rubber, electrical materials, and other objects. Waste management refers to the collection, handling, and disposal of wastes. These wastes are brought to a landfill. A landfill is a place where solid wastes are dumped in layers that form a mountain-like structure. Landfills are home to disease-causing organisms that may contaminate the land, air, and water.

TO PRACTICE SOLID WASTE MANAGEMENT, THE FOLLOWING PROCEDURES MUST BE FOLLOWED.

PROPER DISPOSAL

Proper waste disposal is described as the responsible removal and transfer of wastes. An example of proper waste disposal practice is waste segregation. It is defined as a means to divide the waste into different classifications. There are plenty of reasons why waste segregation is important.

- Some wastes are biodegradable. This means that they decompose and disappear in the environment naturally. Materials that do not decompose easily are called non-biodegradable. If wastes are segregated into these two types, the recycling rate increases and wastes will decompose easily.
- Waste segregation facilitates garbage collection

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PROPER DISPOSAL

- Waste segregation allows the person to properly manage wastes. Some wastes may still be reused or recycled for other purposes.
- If wastes are segregated, there is less cost in the disposal system.
- **Hazardous wastes** must be segregated from other materials. These are wastes from hospitals and manufacturing industries. If they mix with other wastes, they might cause contamination.



TO PRACTICE SOLID WASTE MANAGEMENT, THE FOLLOWING PROCEDURES MUST BE FOLLOWED.

USE OF 5RS

Instead of disposing the waste, there are other things that you can do to properly manage them. These ways are represented by the acronym 5R. This stands for: **refuse, reduce, reuse, recycle and rot**. **Refuse** means avoiding accumulating wastes. If there are no wastes, there is nothing to dispose of in the first place. **Reduce** means minimizing the wastes. **Reuse** means using the same material for the same purpose. For example, softdrink companies buy back empty bottles to be used again instead of manufacturing new ones. **Recycle** means turning wastes into another material for another purpose. **Rot** includes the process called composting. **Composting** is using biodegradable materials as fertilizers for plants. Biodegradable materials provide nutrients when they decompose.

Part of social consciousness is being aware of the policies and laws that protect the environment. It is the Department of Environment and Natural Resources that enforces the environmental laws and spearheads the programs that aim to protect and preserve the environment.

Republic Act No. 9003: Ecological Solid Waste Management Act of 2000

This law requires the local government units (barangays) to conduct segregation and collect solid wastes. There is a mandate to classify wastes as biodegradable, compostable, and reusable. All non-biodegradable materials shall be collected by the municipality or city government.

Republic Act No. 8749: The Philippine Clean Air Act of 1999

This law states that the government shall promote and protect the environment and people from air pollution. Any person, group, or company found guilty of being air polluters shall be fined.

Republic Act No. 9275: The Philippine Clean Water Act of 2004

This law regulates the water quality management of the bodies of water in the country. It enforces the standards and policies on water quality. It also penalizes a person, group, or company guilty of water pollution.



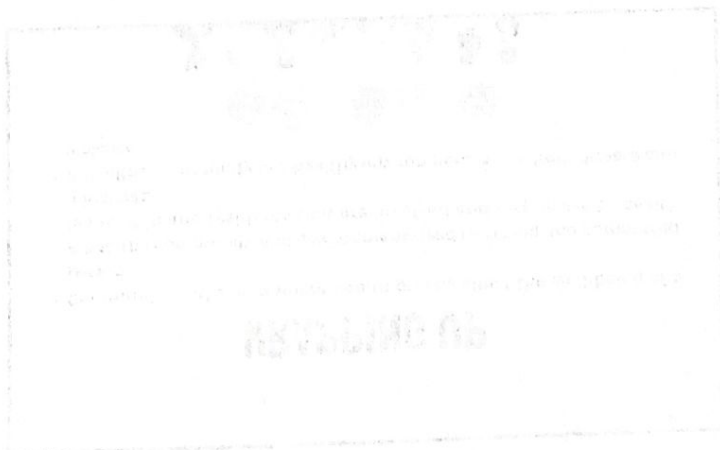
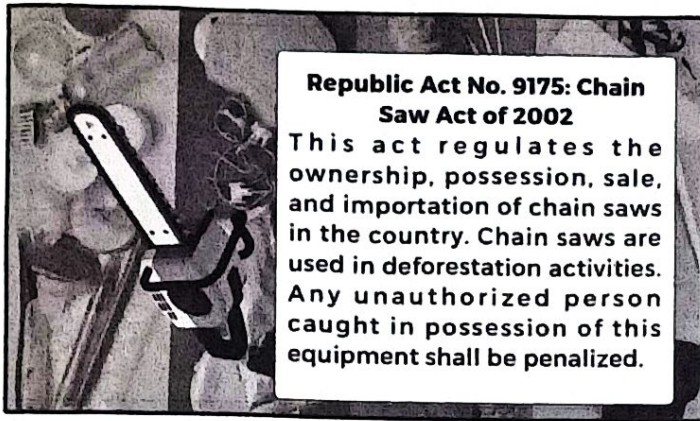
Republic Act No. 6969: Toxic Substances & Hazardous and Nuclear Waste Act of 1990

This law establishes rules and regulations on proper disposal and management of hazardous chemical wastes.

Republic Act No. 7942: The Philippine Mining Act of 1995

This law regulates mining activities in the country. It promotes rational exploration of mineral resources but with consideration to the environment and people living in the communities to be affected.





WRAPPING UP

- Community and environment health greatly affect the well-being of a person.
- A healthy community and environment needs a strong and committed leadership and residents that are involved and responsive to health initiatives.
- A healthy community in a healthy environment is free from disease and violence.

